



# **Village of Palmetto Bay Age-Friendly Action Plan 2021-2025**

## **Committee Members**

Susan Holtzman, Member

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Judy Stockman, Member

## **Council Liaison**

Mayor Karyn Cunningham

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# Executive Summary

In March of 2017, the Village of Palmetto Bay joined the AARP® Network of Age-Friendly Communities. The AARP® Network of Age-Friendly Communities is an affiliate of the World Health Organization's Age-Friendly Cities and Communities Program, an international effort launched in 2006 to help cities prepare for rapid population aging and the parallel trend of urbanization. The program has participating communities in more than 20 nations, as well as 10 affiliates representing more than 1,000 communities ([www.aarp.org](http://www.aarp.org)). This designation reaffirms the Village's commitment to actively work toward making The Village of Palmetto Bay a livable community for people of all ages. In July of 2018, Village Council approved the establishment of an Age-Friendly Taskforce, consisting of eight (8) community members, one (1) Village Staff Liaison and one (1) Village Council Liaison.

Although much has been accomplished, there are opportunities for improvement. With the development of this document, the Village has researched the core areas of interest including eight (8) key domains. Village staff and volunteers analyzed the feedback received from residents and key stakeholders and laid out a plan of action to address the community's ongoing needs, concerns and suggestions. ***We are pleased to report that this living document will be presented to the Village of Palmetto Bay Mayor and Council upon completion for approval. Once approved it will be presented to the AARP and World Health Organization for final adoption.***

## Mission Statement

The mission of the Age-Friendly Task Force is to establish consistent and accessible services to meet the needs of seniors (age 50+) and encourage healthy and active aging in the Village of Palmetto Bay.

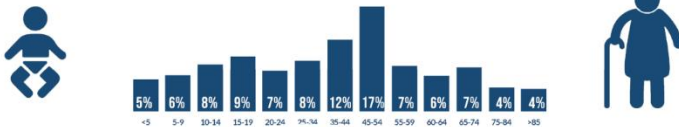




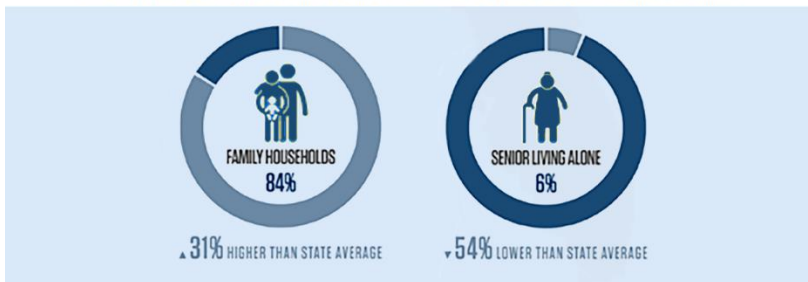
# Community Profile



## POPULATION BY AGE GROUP



AGING AFFECTS THE NEEDS AND LIFESTYLE CHOICES OF RESIDENTS. MUNICIPALITIES MUST ADJUST AND PLAN SERVICES ACCORDINGLY.



**Incorporated**  
2002

**Location**  
South Miami-Dade  
County Florida

**Fun Fact**  
We are the “Village of  
Parks”

**Age-Friendly**  
**Journey Began**  
March 2017

**Age-Friendly Task**  
**Force**  
Initiated in Fall 2017

**Surveys of Resident**  
**needs conducted**  
July and August 2018

**Age-Friendly Five-**  
**Year Plan completed**  
**2021**





# Community Profile

## Welcome to Palmetto Bay

### Vibrant Community

The Village of Palmetto Bay is a vibrant community of more than 24,000 residents who enjoy beautiful surroundings and a family-oriented atmosphere. Situated on the shores of Biscayne Bay, Palmetto Bay offers quick access to unique recreational opportunities and amazing bay vistas. Additionally, the Village is home to excellent public schools and it is also home to a wide range of exceptional private primary and secondary educational institutions.

Palmetto Bay is confident in its growing role as a first choice community for raising families and building businesses. With its unique blend of rural, old Florida charm, and urban sophistication, this fast growing village has established an enviable balance between quality living and quality growth. That balance is carefully maintained through long-term planning and fiscal responsibility, community involvement, responsible leadership, respect for the environment and strong public and private support for business development. With a current population of 15% of residents over the age of 65, Palmetto Bay is committed to developing as an age friendly community where residents of all ages can find services, recreation, socialization opportunities, transportation and education to meet their needs at any age.

On September 10, 2002, the Village of Palmetto Bay became the 33rd municipality incorporated in Miami-Dade County. The Village extends from the centerline of SW 136 Street, south to the centerline of SW 184 Street; expanding west to the centerline of southbound South Dixie Highway, including the center "commercial island," and east to Biscayne Bay.

Palmetto Bay reflects the best of South Florida's past, present and future...





# Community Profile

It all started back in 1992, following the devastation caused by Hurricane Andrew. Many were left without power and water for days while the county attended to other areas. It was then when residents decided that they wanted to have full control over their public services, and in 1995, using the existing boundaries of Community Council 13, the Alliance of Palmetto South Homeowners Association petitioned the County to incorporate the area into its own city. The group worked tirelessly for five long years. Finally in May of 2000, the Board of County Commissioners established the Palmetto Bay Municipal Advisory Committee, which was charged with the primary responsibility of gathering support for incorporation. Over the course of many public meetings and hearings, the committee developed a set of goals and values that served as the foundation for the incorporation movement and that still hold true to this day;

- improve public safety
- better parks and recreation services
- improve public areas
- improve other basic services
- easier process to develop regulations
- enhanced public participation in local government

In 2002, Palmetto Bay embarked on creating its own Building & Planning Department, which was initially outsourced but was fully brought in-house in 2007 as the Village sought for full flexibility in staffing requirements and control over departmental regulations. The Planning Division was recently recognized by the Florida Public Service Association for its work on the Downtown Urban Village code. The continued development of parks, the development of the downtown urban code and the ongoing focus on transportation and the environment align with the Age-Friendly Community plan by providing residents of all ages access to a wide variety of services, housing options and transportation as well as opportunities for socializing and participating in community activities.

As elected officials, the Village Council is charged with the responsibility to identify strategies that benefit the community as a whole. The Resident-Council communication flows in both directions. The Council looks for feedback from the residents through outreach and through resident-focused advisory committees that provide meaningful recommendations to the Council. Residents receive information through various methods that include regular electronic communications, updated postings on the Village website, social media, and our own television channel.

Residents are always encouraged to participate in the governmental process and to present their own ideas, concerns and solutions to reach our common goals. As a new idea in 2016, we hosted a few telephonic town hall meetings to give residents the opportunity to voice their concerns and opinions from the comfort of their home. Information for the Age-Friendly planning process was received through a village wide survey, as well as a cooperative agreement with the Miami-Dade County Age-Friendly initiative through which research was shared. Additional information gathering is planned throughout the five-year plan. In addition, the task force that has developed this plan is made up of community volunteers.

Our past has been bright, but our future will be brighter. Our purpose is to remain engaged, remain informed and continue to build an Age-Friendly Community.





# Boundary Map





# Introduction to the Plan

## What is an Age-Friendly Community?

The Village's application was accepted in March 2017, making Palmetto Bay one of the fourteen (14) municipalities in South Florida to join a global movement to create age-friendly cities. These age-friendly cities offer enhanced opportunities for citizens of all ages to enjoy healthy, active lives with the security, social participation and community support that allow a high quality of life. In practical terms, an age-friendly city adapts its structures and services to be accessible to and inclusive of older people with varying needs and capacities.

The availability and quality of certain community features impact the well-being of older adults. Developed by the World Health Organization, the 8 Domains of Livability framework is used by many of the towns, cities and counties in the AARP Network of Age-Friendly Communities to organize and prioritize their work to become more livable for both older residents and people of all ages. While many communities tackle all eight domains at once, others choose to focus on select domains.

The eight domains are as follows:

**1. Outdoor Spaces & Buildings:** People need places to gather indoors and out. Parks, sidewalks, safe streets, outdoor seating and accessible buildings (think elevators, stairs with railing, etc.) can be used and enjoyed by people of all ages.

**2. Transportation:** Driving should not be the only way to get around. Public transit options can be as expansive as a train system or as targeted as a taxi service that provides non-drivers with rides to and from a doctor's office.

**3. Housing:** Most older adults want to age in place. Doing so is possible if homes are appropriately designed or modified – and if a community includes affordable housing options for varying life stages.

**4. Social Participation:** Regardless of one's age, loneliness negatively affects a person's health and sense of wellbeing. Isolation can be combatted by the availability of accessible, affordable and fun social activities.

**5. Respect & Social Inclusion:** Intergenerational activities are a great way for young and old to learn from one another, honor what each has to offer and, at the same time, feel good about themselves.



# Introduction to the Plan

**6. Civic Participation & Employment:** An age-friendly community provides ways older people can, if they choose to, work for pay, volunteer their skills and be actively engaged in community life.

**7. Communication & Information:** Age-friendly communities recognize that not everyone has a smartphone or internet access and that information needs to be disseminated through a variety of means.

**8. Community & Health Services:** At some point, everyone gets hurt, becomes ill or simply needs a bit of help. While it is important that care be available nearby, it is essential that residents are able to access and afford the services required.



## What is the Age-Friendly Process?

The purpose of the AARP® Age-Friendly Communities is to serve as a catalyst to educate, encourage, promote, and recognize improvements that make cities, towns, and counties more supportive not only of their older residents, but for residents of all ages. Once a community joins the Network, there are three additional phases.

(1) Planning (Years 1-2): The community conducts public involvement sessions to assist with the development of a three (3) year plan of action.

(2) Implementation & Evaluation (Years 3-5): Once the action plan has been approved by the World Health Organization (WHO), the community will have three years to begin implementing the activities identified in the Action Plan. A progress report is provided to the WHO at the fifth year.

(3) Continuous Improvements (Year 5+): The community will continue to implement the activities identified in the Action Plan and update the plan as necessary with new goals and initiatives.



# How the Village's Action Plan was developed

The purpose of the Village's *Age-Friendly Action Plan* is to identify opportunities to integrate age-friendly principles into all aspects of the Village's planning and service delivery and to recognize those areas where age-friendly principles are already being applied. This living document was developed by the Age-Friendly Taskforce in collaboration with Village Staff and Council Liaison, Mayor Karyn Cunningham. It is the result of various public involvement meetings and public surveys over the course of four (4) years.

The Task Force met and reviewed the available information and applied the considerable knowledge and expertise of the task force members and agreed on the following:

1. The assessment of needs needs to be ongoing, with additional surveys, town hall meetings and other information gathering activities to be included in the plan.
2. The Village already has some projects in the planning and implementation stages that meet some of the needs identified. There may be a lack of available information regarding existing programs that needs to be addressed.
3. The plan will include recommendations for new programs, the investigation of improvement options and the assessment of current programs.

4. The data:

AARP Conducted a survey in which 525 people over the age of 50 across Miami-Dade County completed a verbal interview. The results were sorted by zip code, and the data was shared with Palmetto Bay based on zip codes that fall within Palmetto Bay. The survey revealed that the following issues were top among county residents living in or near Palmetto Bay:

- Parks
- Places and Buildings
- Safe Transportation
- Quality Healthcare

# How the Village's Action Plan was developed

The Village of Palmetto Bay conducted a written survey for seniors living in Palmetto Bay that was offered at events, and online. Two-hundred and four residents completed the survey. Complete survey results are available. Results of that survey revealed the following:

## **Housing**

- 68% of people felt it was somewhat to extremely important to remain in Palmetto Bay as they age.
- 66.8% Would need to have a home that was smaller, or less expensive to maintain in order to stay in Palmetto Bay.
- A home repair service for low-income or older adults to help with repairs
- Seasonal Services such as lawn work for older or low income adults
- Affordable housing options for older adults of varying income levels
- Homes that are equipped with safety features such as no step entryways.

## **Parks and outdoor spaces**

- The Village parks were rated highly in terms of safety, availability of benches and walkability.
- Sidewalks in the Village were rated to be in poor condition.

## **Transportation**

- A need for improved transportation for non-drivers and residents who may need assistance was identified.

## **Community and Health Services**

- Finding and accessing health and supportive services.





# How the plan is organized



In order to realize the Village of Palmetto Bay’s vision of being nationally recognized as an “Age-Friendly” community, we must deliver outstanding results in those selected of the Eight (8) Domains of Livability.

- For each domain, the Village identified several goals based on all of the available information which included surveys, experience as residents, expertise of task force members.
- The Village developed a chart that lists each Objective, Activity and Metrics/Measurements required to reach the identified goal(s).
- The Village will realize each objective by completing the “Activities” listed.
- Finally, the Village has established “Metrics/Measurements” in order to monitor how effectively the Village is implementing the Age-Friendly Action Plan.

These charts are found in the following pages.





### **Respect and social inclusion**

Respondents requested the following:

- activities geared specifically to older adults
- A variety of cultural activities for diverse populations
- Activities that bring multiple generations together, such as local schools involving older adults or multigenerational clubs or activities

### **Civic participation and Employment**

Respondents cited the following:

- Lack of job training or opportunities for older adults
- Lack of jobs for people with disabilities.

### **Communication and information**

Respondents cited the following:

- Lack of access to information from one central source
- Lack of access to information in multiple languages.

The information gathered as well as the experience and expertise of the task force members resulted in the following action plan.

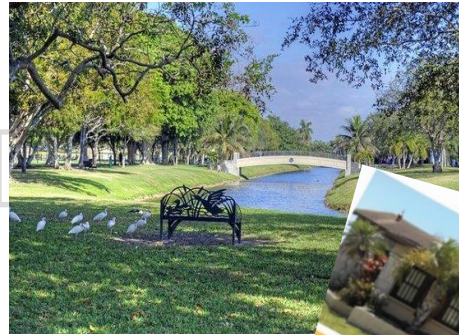
## Domain #1

# Outdoor Spaces & Buildings

**Goal 1.1:** Ensure accessibility to current and future development of Villages' buildings, parks and outdoor spaces.



Senior Game Day at the Edward and Arlene Feller Community Room at Ludovici Park



Residents have access to six (6) Village Parks/Facilities







## Domain #1

# Outdoor Spaces & Buildings

1. **Outdoor Spaces & Buildings:** People need places to gather – indoors and out. Parks, sidewalks, safe streets, outdoor seating and accessible buildings (elevators, stairs with railing, etc.) can be used and enjoyed by people of all ages.

**Goal 1.1:** Ensure accessibility to current and future development of Villages' buildings, parks and outdoor spaces.

**Objective 1.1:** To promote easy access to recreational facilities, activities, outdoor gathering public spaces and services where residents move easily indoors and out and can routinely experience the Village's natural resources.

Activities	Timeline	Lead Department	Resources Needed	Metric/Measurement or Updates
Perrine Community House at Palmetto Bay– Village is currently in a Lease Agreement with the County for the use and operations of this building. To be utilized for Senior Programs and activities, game day, art classes, exercise classes, cultural events, lectures, meetings, small gathering/rentals; will include accessibility to parking, accessible bathrooms, small kitchen area, meeting/program room, office and lobby area.	2018-20 Completed On-Going	Village Manager's Office  Parks & Recreation Department	\$30,000/On-going Annual Expense  \$35,000/Initial set-up expense	Identify possible funding source (grants, sponsors, partners) for the on-going annual expenses to include but not limited to senior programs, cultural events, etc. Programs currently available and on-going.
Parks Master Plan – Completed a series of town-hall meetings and workshops, along with several surveys gathering input on Village needs/wants for the future of our parks including accessibility.	In-Progress	Manager's Office/Parks & Recreation Department	Document being produced In-House	To be used as roadmap for the next 10-15 years until 100% completed.
Current: Active Adult Outdoor Fitness Equipment at Coral Reef Park and Palmetto Bay Park.	Completed	Parks & Recreation Department	Continue to maintain, upkeep and update/replace as needed	Continue to monitor and get feedback on value, and usability.



# Domain #1

## Outdoor Spaces & Buildings

- 1. Outdoor Spaces & Buildings (continued):** People need places to gather – indoors and out. Parks, sidewalks, safe streets, outdoor seating and accessible buildings (elevators, stairs with railing, etc.) can be used and enjoyed by people of all ages.

Goal 1.1: Ensure accessibility to current and future development of Villages' buildings, parks and outdoor spaces.

Objective 1.1: To promote easy access to recreational facilities, activities, outdoor gathering public spaces and services where residents move easily indoors and out and can routinely experience the Village's natural resources.

Activities	Timeline	Lead Department	Resources Needed	Metric/Measurement or Updates
Installation of new trails/sidewalks at Coral Reef Park connecting ball field areas to all park buildings/structures/amenities. Installation of new Picnic Pavilion with ADA accessibility, benches, and picnic tables.	Tentative Completion 2020-21	Grants, Public Services and Parks & Recreation Department	\$400,000 estimated costs: Florida Dept of Environmental Protection (LWCF)- \$200,000 Village Match - \$200,000	Complete project on time and within budget
DUV code provides incentives for developers to create green open spaces and outdoor gathering areas.	Ongoing	Planning and Zoning Department	Funding from Developers	Increase the number of developers that utilize this incentive by 50%
Provide Safety where classes are to be held by providing security in the area.	Ongoing	Police Department Parks & Recreation Department	By Ordinance Parks & Recreation Department	Monthly Police Reports
Conduct annual ADA Accessibility Checklists of all Village facilities and parks.	Ongoing	Parks and Recreation	Continue to budget for general maintenance and repairs	Eliminate ADA barriers to Village owned facilities and parks to 100% free of barriers





# Domain #1

## Outdoor Spaces & Buildings

- 1. Outdoor Spaces & Buildings (continued):** People need places to gather – indoors and out. Parks, sidewalks, safe streets, outdoor seating and accessible buildings (elevators, stairs with railing, etc.) can be used and enjoyed by people of all ages.

Goal 1.1: Ensure accessibility to current and future development of Villages' buildings, parks and outdoor spaces.

Objective 1.1: To promote easy access to recreational facilities, activities, outdoor gathering public spaces and services where residents move easily indoors and out and can routinely experience the Village's natural resources.

Activities	Timeline	Lead Department	Resources Needed	Metric/Measurement or Updates
Installation of new bridge over C-100 canal connecting the east and west sides of park.	Completed 2019-2020	Grants, Public Services and Parks & Recreation Department	\$400,000 estimated costs: Florida Dept of Environmental Protection Recreational Trails Program- \$200,000 Village Match - \$200,000	Project Completed
Research the construction of a Community Center which includes accessible facilities.	TBD	Manager's Office	To be researched	Identify possible funding source (grants, General Obligation Bond Issuance)
Provide ample <b>wide</b> parking spaces at Village venues.	Ongoing	Public Works	Space	Monthly reports on use





## Domain #2

# Transportation



**Goal 2.1:** Develop a senior-friendly mobility plan of action.

**Goal 2.2:** Ensure senior safety as they move about the community.



Residents of all ages enjoy bike ride during Earth Day



Public involvement meeting for a More Walkable Palmetto Bay



How to use Freebee App Workshop for Seniors

## Domain #2



# Transportation

2. **Transportation:** Driving should not be the only medium of mobility for residents. Transit options can be as expansive as a train system, as targeted as a taxi service or as independent as a bike ride.

**Goal 2.1:** Develop a senior friendly mobility plan of action.

**Objective 2.1:** To increase independence for older adults by improving transportation options.

Activities	Timeline	Lead Department	Resources Needed	Metric/Measurement or Updates
Provide ADA accessible bus for Village sponsored field trips.	Ongoing	Parks & Recreation Department	Funding allocation within Parks & Recreation Dept	Measure quantity of times used and any barriers to ridership.
Implement an on-demand service. (FreeBee)	2019 Ongoing	Public Services Department	TBD	Review ridership on a quarterly basis.
I-Bus direct trips St. Richards-Dadeland	2021-2025	Manager's Office/Public Services	Staff	Review ridership on a quarterly basis.
Increase bus stops to include other locations of interest and needs of seniors.	2021-2025	Manager's Office/Public Services Office	TBD	Measured by the increased number of bus stops and Review ridership on a quarterly basis.
Village asked County to conduct an assessment of County roads and Old Cutler Path for golf cart use. The committee is opposed to golf carts on Old Cutler Path.	2021	Manager's Office	Staff to do research	Report on usability and restrictions on Golf Carts in Palmetto Bay.





## Domain #2



# Transportation

2. **Transportation (continued):** Driving should not be the only medium of mobility for residents. Transit options can be as expansive as a train system, as targeted as a taxi service or as independent as a bike ride.

Goal 2.1: Develop a senior friendly mobility plan of action.

Objective 2.1: To increase independence for older adults by improving transportation options.

Activities	Timeline	Lead Department	Resources Needed	Metric/Measurement or Updates
2009 Bike /Pedestrian Master Plan- Finish Priority projects.	2021-2025	Public Services	In order to have a walkable/bikeable Village we will have to invest much more than the \$525 K we have in the past 11 years	Integrate with new sidewalks, DPB, SW 136 st path & SW 184 st bike lane.
Offer Driver's Education/refresher courses for older adults.	2020-2025	Parks & Recreation Department	Possible grant opportunity with AARP	Offer program in FY 2022 increase depending on turnout.
Explore other pay options for discounts to seniors (i.e. UBER, LYFT, etc.), and call assist for UBER and LYFT.	2019-20	Village Manager's Office	Miami-Dade County Board of County Commissioners are considering an ordinance change to use PTP Funds	Conduct Public Transit analysis to identify number of increased options for first and last mile within the Village.
Work with MDTA Golden Passport program to offer sign-up events to assist with registration for seniors and the disabled.	Ongoing	Public Services Department	Village to coordinate this effort with Miami-Dade County Transit's outreach office	Document MDTA's outreach meetings on an annual basis.

**AARP SMART DRIVER COURSE**  
Driver Safety  
TAKE THE AARP SMART DRIVER COURSE AND YOU MAY SAVE ON YOUR CAR INSURANCE.

BY TAKING THIS 4-HOUR COURSE, YOU'LL LEARN:  
• EVIDENCE-BASED SAFE DRIVING STRATEGIES  
• NEW TRAFFIC LAWS AND RULES OF THE ROAD  
• HOW TO DEAL WITH AGGRESSIVE DRIVERS

MUST BE REGISTERED AND PAY THE DAY OF CLASS!

**\$5 AARP MEMBERS \$10 NON-MEMBERS**

FRIDAY, JANUARY 24, 2020 | 9AM-3PM  
PERRINE COMMUNITY HOUSE  
900 PERRINE AVENUE (97TH AVE.)  
TO RSVP CALL 305-259-1246

Village of Palmetto Bay  
Bicycle & Pedestrian  
Master Plan

VILLAGE OF  
Palmetto Bay  
FLORIDA



## Domain #2



# Transportation

2. **Transportation (continued):** Driving should not be the only medium of mobility for residents. Transit options can be as expansive as a train system, as targeted as a taxi service or as independent as a bike ride.

Goal 2.2: Ensure senior safety as they move about the community.

Objectives 2.2: Integrate safety programs for mobility options.

Activities	Timeline	Lead Department	Resources Needed	Metric/Measurement or Updates
Begin planning protected Bike Lanes & Path on SW 184 st from Old Cutler Rd to SW 97Ave.	2021 - 2022	Public Services Dept	Combined PB,CB,MDC project. Seeking Design, Construction grants	Feasibility study underway. Conceptual Design in 2022
Research costs and feasibility to create path through Village (Council Member Matson's Plan) Incorporates Franjo Rd (DPB) existing M-Path, SW 136 St., existing Old Cutler Rd., SW 184 St.	2021 - 2025	Public Services Dept	All routes Co. roads SW 136 St share with PC SW 184 St. share with CB	10.8 miles utilizes existing/planned facilities. Council has asked for cost estimate.
Research costs and feasibility of path through the Village (former Council Member Singer's Plan).	2022	Public Services Dept	TBD	Bare bones plan for crosswalks, SW 152 st & SW 82 Ave. Report to Council on cost and feasibility.
Finish 2009 Priority Projects from Bike and Pedestrian Master Plan and be incorporated into revised Plan.	2021-2025	Public Services Dept	VPB \$800K MDC \$1.4M	12 Years from BPMP adoption.
Bike Map on Village website shows residents where it is safe and convenient to bicycle.	2020	Communications Department	Staff	Update map as new facilities are added. Download/phone/print



## Domain #2



# Transportation

2. **Transportation (continued):** Driving should not be the only medium of mobility for residents. Transit options can be as expansive as a train system, as targeted as a taxi service or as independent as a bike ride.

Goal 2.2: Ensure senior safety as they move about the community.

Objectives 2.2: Integrate safety programs for mobility options.

Activities	Timeline	Lead Department	Resources Needed	Metric/Measurement or Updates
Investigate installing charging stations & covered parking for personal mobility scooters at select PB locations.	2022-2023	Parks & Recreation Department	Budget	Amount of times used.
Continue to up-date paths and create new mixed-use paths within parks (biking, walking, etc.).	Ongoing	Parks & Recreation	Grant funding for capital investment	Review and update parks master plan and complete Streets Master Plan to identify opportunities for new shared-use paths.
Partner with Village's Law Enforcement and other agencies to promote safety awareness while moving about the Village.	Ongoing	Police and Parks & Recreation	Budget funds for specific police details and park sponsored events	Review effectiveness of police educational campaigns on an annual basis. Track number of safety awareness events held in the Village.
Assess the need for sidewalk repairs, curbs, crosswalk timing and countdown, ADA ramps, pedestrian signals, speed bumps, and other traffic-calming devices.	2021-2025	Public Services Department	Personnel to survey and budget for repairs	FY 20-21 Budget has \$50K for sidewalk repairs and \$170K for new sidewalks. Safer crosswalks & signals are integrated into all plans.



## Domain #3

# Housing



3. **Housing:** Most older adults want to age in place. Doing so is possible if homes are appropriately designed or modified – and if a community includes affordable housing options for varying life stages.

Goal 3.1: Ensure safety as residents move about in their homes.

Objectives 3.1: Integrate life-safety programs for housing.

Activities	Timeline	Lead Department	Resources Needed	Metric/Measurement or Updates
Promote partnerships with colleges, schools, and Fire Department to provide Aging in Place Assessments by Occupational Therapy Assistant program, Physical Therapist Assistant program, and/or Fire Department.	Ongoing	Parks & Recreation Police	Coordination of community partners	Track the number of referrals to partners who conduct assessments.
Provide educational activities such as Fall Prevention workshops, seminars, and events.	Ongoing	Parks & Recreation	Village staff to coordinate with partner agencies	Host at least three (3) workshops annually, measure attendance at each event and have attendees' complete evaluations.
Coordinate HomeFit initiatives for residents from various providers (AARP®, Alliance for Aging, Home Depot, local universities).	Ongoing	Parks & Recreation	Village staff to coordinate with partner agencies	Track the number of referrals to partners who conduct assessments.
Explore opportunities for volunteer home repair programs.	Ongoing	Building and Code Compliance	Village staff to coordinate with local schools and community organizations, and others providing community service hours	Village staff to coordinate residents in need with resources. Track use of the service.
Identify methods to ensure first responders' access to Long-term Care and Assisted Living Facilities.	2020-2022	Police	Police and firefighter staff to survey	Annual Inspections.



## Domain #3

# Housing



3. **Housing (continued):** Most older adults want to age in place. Doing so is possible if homes are appropriately designed or modified – and if a community includes affordable housing options for varying life stages.

Goal 3.2: Increase stock of affordable housing by promoting programs that support affordable housing and aging in place .

Objective 3.2: Develop incentives for housing types to meet the future needs of seniors at all stages in proportionate to demand.

Activities	Timeline	Lead Department	Resources Needed	Metric/Measurement or Updates
Require that Universal Design Principles be used in all new construction of multifamily housing.	2019-2024	Building and Zoning	Team member certified in Universal Design	How many new units meet criteria.
Implement exception for home-sharing so seniors don't lose their Homestead exemption if they have one roommate.	2020-2022	Zoning, Advocacy	Advocate	Exemption activated.

## Domain #4

# Social Participation



### Goal 4.1: Engage Seniors to participate more fully in community social activities.



Senior Game Day – Holiday Pot-Luck at Ludovici Park



Residents Enjoy Day Trip to Marlins Park



Senior Game Day and Workshop – Allegro Senior Living Facility



Flower Arrangement Class for Seniors



Computer Class for Seniors



## Domain #4

# Social Participation



4. **Social Participation:** Regardless of one's age, loneliness negatively affects a person's health and sense of wellbeing. Isolation can be combatted by the availability of accessible, affordable and fun social activities.

Goal 4: Engage seniors to participate more fully in community social activities.

Objective 4.1: Promote arts, recreation, leisure, and educational activities involving and targeting a wide range of older adults.

Activities	Timeline	Lead Department	Resources Needed	Metric/Measurement or Updates
Develop a plan to reach out to as many seniors as possible; individual senior homes, senior housing complexes and senior living facilities to ensure that they are adequately notified of Village events/activities.	Ongoing	Communications Department  Parks and Recreation Department	Park's Staff, Public Information Officer	Increase number of seniors that report being well informed about Village events.
Create a robust social media presence to promote Village and senior events.	Ongoing	Communications Department	Village staff to continue promoting opt-in email listing, Facebook, and other social media	Increase active adult participation by five percent (5%).
Develop opportunities to promote inter-committee partnerships for example, coordinate an activity annually with each Village committee to promote social engagement of seniors.	Ongoing	Manager's Office  Parks and Recreation Department	Village staff to coordinate this effort with Council Committee Liaison	Host one (1) activity per year.





## Domain #4

# Social Participation



4. **Social Participation:** Regardless of one's age, loneliness negatively affects a person's health and sense of wellbeing. Isolation can be combatted by the availability of accessible, affordable and fun social activities.

Goal 4: Engage seniors to participate more fully in community social activities.

Objective 4.1: Improve consistency in classes.

Activities	Timeline	Lead Department	Resources Needed	Metric/Measurement or Updates
Hold a forum with seniors to get their input on what are their interest and needs.	Once a year	Manager's Office	Palmetto Bay Mayor	Questioner Town Hall
Communication in English, Spanish of classes to be offered by Website, Email, Facebook, Next Door, Digital Boards, Community newspaper, calendar of events, Flyers to be given at each event in PB, monthly or quarterly bulletin newsletter aimed at Seniors.	Ongoing	Manager's Office, Communications, Media Specialist	Distribute flyers at Publix, Aldi, CVS, cleaners and restaurants in PB	Attendees at activities should complete a survey that indicates where they got the information to see which of the communications method is more effective. Increase active adult participation by 5%.
Continue current offerings for Seniors/Active Adults: Game Days, Exercise classes (by Baptist Health), trips/tours.	Ongoing	Parks & Recreation Department	Continue to budget for programming	Increase Active Adult participation five percent (5%) each year.



## Domain #4

# Social Participation



4. **Social Participation:** Regardless of one's age, loneliness negatively affects a person's health and sense of wellbeing. Isolation can be combatted by the availability of accessible, affordable and fun social activities.

Goal 4.1: Engage seniors to participate more fully in community social activities.

Objective 4.2: Group fitness activities.

Activities	Timeline	Lead Department	Resources Needed	Metric/Measurement or Updates
Provide accessible transportation to classes depending on where classes are to be held. I.e. if in Perrine Community House at Palmetto Bay I-Bus from different areas of the Village i.e. can be St. Richards.	Ongoing	Manager's office/Public Works	Number of seniors with transportation needs which we can obtain on the forums and I-Bus	Survey
Have a Hospitality Group to welcome newcomers or new senior residents.	Ongoing	Manager's office/Senior Events coordinator	Recruit volunteers in the community to form this group	Annual report from the helping group.
E—mail and contact information to be collected at every event i.e., Health Fair, Picnic, Movie nights, Thalatta events etc., (teach seniors how to use e-mail).	Ongoing	Manager's Office, Communications, Media Specialist	Volunteers to help achieving this task	Annual count from lists.
Offer aerobics, chair yoga., Tai Chi, Tennis Canoe/Kayak, Gardening.	Ongoing	Parks and Recreation Department	Facilities, budgets and instructors	Number of Participants.
Suggested offerings: Tap Dancing, Zumba, Meditation, Line Dancing, Swimming (partner with Westminster) Square dancing, establish a walking and biking group/s.	Ongoing	Parks and Recreation Department	Facilities, budgets and instructors	Evaluate after a year.



## Domain #4

# Social Participation



4. **Social Participation:** Regardless of one's age, loneliness negatively affects a person's health and sense of wellbeing. Isolation can be combatted by the availability of accessible, affordable and fun social activities.

Goal 4.1: Engage seniors to participate more fully in community social activities.

Objective 4.3: Promote arts, recreation, leisure, and educational activities involving and targeting a wide range of older adults.

Activities	Timeline	Lead Department	Resources Needed	Metric/Measurement or Updates
Host an annual Senior Health Fair.	Once a year	Parks and Recreation Department	Partner with members PB Business Association i.e. Chiropractors, dentists, ophthalmologists, Urgent Care, Emergency, Spine specialist etc. Facilities and Budget	Number of participating organizations and attendance.
Hold workshops on Fall Prevention, Fitness, Wellness as part of programming for seniors.	Ongoing	Parks and Recreation Department	Partner with Universities, Hospitals, Fire Department, Schools , Physical and Occupational Therapist, Senior service providers	Number of participating organizations and attendance.
Provide e-mail ,website, and Zoom navigation training to seniors.	Ongoing	Parks and Recreation Department, and Communications Department	Budget and Staff Time	Report on number of participants.



## Domain #4



# Social Participation

4. **Social Participation:** Regardless of one's age, loneliness negatively affects a person's health and sense of wellbeing. Isolation can be combatted by the availability of accessible, affordable and fun social activities.

Goal 4.1: Engage seniors to participate more fully in community social activities.

Objective 4.4: Improve communication with residents regarding what is available in the community.

Activities	Timeline	Lead Department	Resources Needed	Metric/Measurement or Updates
Print and distribute flyers about senior activities at all Seniors events.	Ongoing	Manager's Office, Communications, Media Specialist and Parks Department	Volunteers to distribute flyers	Amount distributed.
Announce activities weekly on Website and Quarterly Bulletin.	Ongoing	Manager's Office, Communications, Media Specialist	Budget and Staff time	Website traffic reports.
Encourage seniors to attend listening sessions with Councilmembers.	Ongoing	Communications and Councilmembers	Place to hold these sessions	Track attendance at sessions.
Explore the installation of digital Billboards at all entrances of the Village: US1 & 184 St, 168 <sup>th</sup> St, 152 <sup>nd</sup> St, 136 St, Old Cutler, 82 <sup>nd</sup> Ave, 77 <sup>th</sup> Ave, 184 <sup>th</sup> St and 87 <sup>th</sup> Ave.	2020-2021	Manager's Office, Communications, Media Specialist	To be added to the Village Budget	Installation



## Domain #4



# Social Participation

4. **Social Participation:** Regardless of one's age, loneliness negatively affects a person's health and sense of wellbeing. Isolation can be combatted by the availability of accessible, affordable and fun social activities.

Goal 4.1: Engage seniors to participate more fully in community social activities.

Objective 4.5: Entertainment.

Activities	Timeline	Lead Department	Resources Needed	Metric/Measurement or Updates
<b>Games:</b> Bingo, Bridge, Canasta, Poker, Mahjong, Bunco.. <b>Outings:</b> Theaters/Movies, Plays, Restaurants, Zoo, Ballgames, Bike./Swimming/Walk groups <b>Classes:</b> Computer TEMPO Technology by Empowering Seniors, Music, Knitting, Spanish, Flower arrangement, Genealogy, Taxes credit, Fraud Scam, Art, Book Club.	Ongoing	Manager's Office Parks Department Senior Events Coordinator	Partner with Library, Miami Dade Cultural Arts Centers Universities/schools	Refer to information obtained at the Forums with Seniors on what they would like to have available. Attendance numbers.
Golden Passport and Senior discount days on website and Play by Play.	Quarterly	Manager's Office, Senior Events Coordinator	Working with the MDC Golden Pass Program to have this office staff come to PB for Seniors to file the proper forms to obtain the Golden Pass	Number of registered participants in discount program.





## Domain #5

# Respect and Social Inclusion



**Goal 5.1:** Develop a plan to increase intergenerational activities within the Village.

**Goal: 5.2:** Ensure that the Village residents of all ages have ample opportunities to merge interests and participate with each other to improve intergenerational respect.



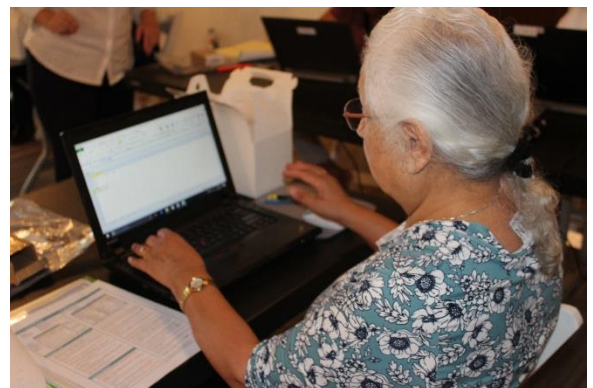
Residents engage in a Responsible Gardening Workshop



Lunch-n-Learn Senior Game Day at Ludovici Park



Mah Jong 101 at Perrine Community House



Computers 101 at Perrine Community House



## Domain #5

# Respect and Social Inclusion



5. **Respect and Social Inclusion:** Intergenerational activities are a great way for young and old to learn from one another, honor what each has to offer and feel good about themselves.

Goal 5.1: Develop a plan to increase intergenerational activities within the Village.

Objective 5.1: Expand programs and services that engage and empower older adults.

Activities	Timeline	Lead Department	Resources Needed	Metric/Measurement or Updates
Proposed Community Center to include use for intergenerational activities and dedicated space for Active Adults.	Ongoing	Parks & Recreation	Facility and budget	Completion of Community Center.
Create new programs to include intergenerational activities such as seniors reading stories to toddlers, teens assisting seniors with electronic devices (smart phones) at various locations in the Village.	Ongoing	Parks & Recreation	Staff and volunteers	Number of programs, attendance.
Establish a "Senior Volunteer Programs" for seniors to participate in various programs as instructors/presenters etc.	Ongoing	Parks & Recreation	Staff, budget, marketing	Establishment of program/number of volunteers.



## Domain #5

# Respect and Social Inclusion



5. **Respect and Social Inclusion:** Intergenerational activities are a great way for young and old to learn from one another, honor what each has to offer and feel good about themselves.

Goal 5: Ensure that Village residents of all ages have ample opportunities to merge interests and to participate with each other to improve intergenerational respect.

Objective 5.2: Enhance awareness and the positive contributions of seniors by promoting interactions and by supporting participation in the community.

Activities	Timeline	Lead Department	Resources Needed	Metric/Measurement or Updates
Encourage age diversity on all task forces and committees to include members over 55 and under 35.	Ongoing	Manager's Office, Council	Residents	Committee Rosters.
Encourage stores and restaurants to offer senior discounts at certain times or on certain days.	Ongoing	Manager's Office, Senior Events Coordinator	Obtain information on the discounts to be mention in our monthly or quarterly Bulletin	Number of businesses offering discounts.

## Domain #6

# Civic Participation and Employment



Goal 6.2: Develop a Senior Volunteer Corps.

Objective 6.2: Establish connections to senior employment programs and services.

Activities	Timeline	Lead Department	Resources Needed	Metric/Measurement or Updates
Establish a Senior Volunteer Corps in Palmetto Bay.	2021-2022	Manager's Office, Council	Residents	Development of plan for Senior Volunteer Corps.





## Domain #6

# Civic Participation and Employment



6. **Civic Participation and Employment**: An age-friendly community provides ways older people can, if they choose to, work, volunteer, and be actively engaged in community life.

Goal 6.1: Encourage and promote employment opportunities for older adults.

Objective 6.1: To increase active adult participation in the work force to enhance well-being and purposefulness.

Activities	Timeline	Lead Department	Resources Needed	Metric/Measurement or Updates
Hold job fair for older adults to include local employers.	2021	Parks and Recreation	Staff and Senior volunteers to organize	Attendance
Establish connections to Senior Employment Programs (SEP) and services.	2020	Parks and Recreation	Staff and Senior Volunteers to organize	Volume of listings.



## Domain #7



# Communication and Information

7. **Communication and Information:** Age-friendly communities recognize that not everyone has a smartphone or Internet access and that information needs to be disseminated through a variety of means.

Goal 7.1: Develop a process to integrate Age-Friendly initiatives with the Village's Activities.

Objective 7.1: To promote and increase participation & awareness of activities and services for Active Adults.

Activities	Timeline	Lead Department	Resources Needed	Metric/Measurement or Updates
Add section for Senior Activities and Programs in our current Park Play-by-Play Publication.	2019-2020 and ongoing	Parks & Recreation Department	Staff	Quarterly Revised.
Provide up-dates on Village Website with information pertinent to seniors.	Ongoing	Communications	Staff	Are updates made.
Create a Senior Section on the Website and provide monthly revisions to senior section on Website to maintain current.	2020-2021	Communications		Track traffic to senior section on web-page.
Placement of bulletin boards at all Village Parks to display current park, programs, and event information. Bulletin boards to be strategically placed at entrance to all parks and at eye level for all to see.	2020	Parks & Recreation Department	Budget/Staff	Monthly updating bulletin boards to keep current.
Explore the possibility to install electronic message boards to be installed at various locations throughout the Village.	2020-2021	Public Works Department	Budget	Weekly/monthly updating boards to keep information current.
Conduct a door-to-door Senior Survey to assess the needs of the Villages Senior population.	2020-2021	Parks & Recreation Department	Budget and Staff	Data collection and analyses of survey.

## Domain #7



# Communication and Information

7. **Communication and Information (continued):** Age-friendly communities recognize that not everyone has a smartphone or Internet access and that information needs to be disseminated through a variety of means.

**Goal 7.2:** Develop a strategy to become better acquainted with local Assisted Living Facilities (ALFs) and Group Homes in our community.

Activities	Lead Department	Resources Needed	Metric/Measurement or Updates	
<b>Objective 7.1(a): To work with the Agency for Health Care Administration (AHCA) and Florida Assisted Living Association (FALA)</b>				
Invite Agency for Health Care Administration, Ombudsman, Guardianship Programs, and Florida Assisted Living Association to provide community workshops.	Ongoing	Parks and Recreation Department	Partnership with service providers	Staff and/or CFAL members will attend at least one (1) training bi-annually to learn more about ALF programs.
<b>Objective 7.2(b): To educate CFAL committee and Village residents on ALFs, Group Homes, Hospice and other aging in place options</b>				
Provide panel discussions and workshops etc. to Village residents and committee members.	Ongoing	Parks and Recreation Department	Partnership with service providers	Staff will coordinate one (1) training annually on aging in place options.



## Senior Connect

STAY CONNECTED WITH VILLAGE SENIOR PROGRAMS & HAPPENINGS



JOIN THE "SENIOR CONNECT" BAND APP. SIMPLY POINT YOUR PHONE CAMERA TO THE QR CODE TO JOIN TODAY!!



## Domain #8

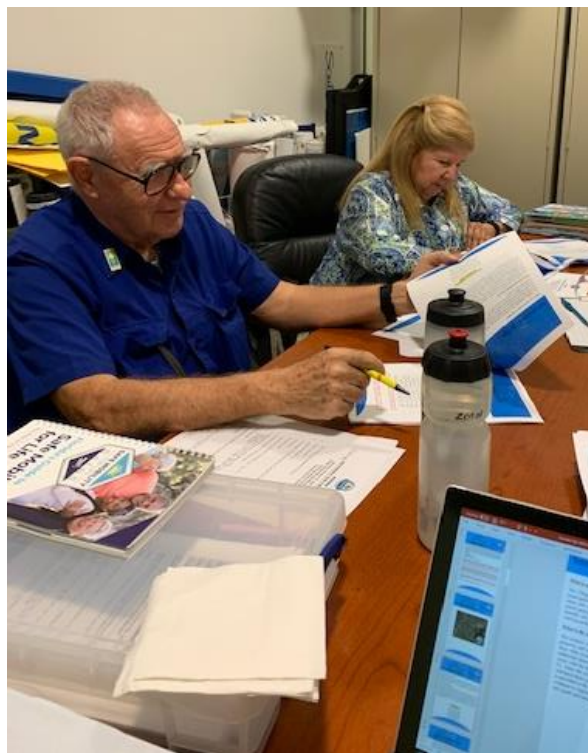
# Community & Health Services:

8. **Community Health and Services:** At some point, everyone gets hurt, becomes ill or simply needs a bit of help. While it is important that care be available nearby, it is essential that residents are able to access and afford the services required.

The task force felt that issues of health care information are addressed in the plan in several areas as no further specifics on this domain were required at this time. Further planning on this domain can be addressed as public input suggests.



# Special Thanks to the Age-Friendly Taskforce...



Photographs from the Age-Friendly Taskforce Meetings and Presentations







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**Leanne Tellam - Vice Mayor**  
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**Village of Palmetto Bay**